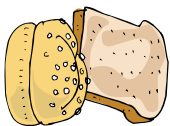


# MyPlate Grocery Store Treasure Hunt



**Families and Friends:**  
Take this sheet along with you the next time you go to the supermarket, and have your child look for foods in each food group. Make this a fun treasure hunt and a memorable activity for your child.



## GRAINS

Start every day the whole-grain way. Find a breakfast cereal that has one of these listed as the first ingredient: brown rice, oatmeal, rolled oats, whole oats, whole-grain corn, or whole wheat.

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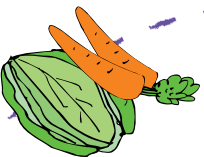
Check the box and name the cereal \_\_\_\_\_

Make at least half of your grains whole grains.

The color of the bread does not mean it is whole-grain. Read bread labels and find one with whole wheat as the first ingredient.

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Check the box and name the bread \_\_\_\_\_



## VEGETABLES

Look for a dark green and a red or orange vegetable.

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Check the box and name the red or orange vegetable \_\_\_\_\_

☐

Check the box and name the dark green vegetable \_\_\_\_\_

Color your plate with great tasting veggies.

## FRUITS

Find a fruit. If you choose a fruit juice, make sure it is 100% juice.

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Check the box and name the fruit \_\_\_\_\_

## DAIRY

Dairy foods contain calcium for strong bones and teeth. Find a dairy food that is low-fat or fat-free.

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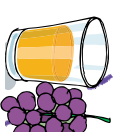
Check the box and name the dairy food \_\_\_\_\_

## MEAT AND BEANS

Try fish, shellfish, beans, and peas more often. Find a bag of dry beans.

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Check the box and name the beans \_\_\_\_\_



Fuel up with fruit.



Get your calcium-rich foods.



Vary your proteins.